

MD7514 Self-Management and Lifestyle Behaviour Change

Self-Management in Diabetes Care

View Online



[1]

R. I. G. Holt, C. Cockram, A. Flyvbjerg, and B. J. Goldstein, Textbook of Diabetes, 5th ed. Somerset: John Wiley & Sons, Incorporated, 2016 [Online]. Available: <http://ebookcentral.proquest.com/lib/leicester/detail.action?docID=4769056>

[2]

R. I. G. Holt, Textbook of diabetes, 4th ed. Chichester: Wiley-Blackwell, 2010 [Online]. Available: <http://ezproxy.lib.le.ac.uk/login?url=http://www.myilibrary.com?id=269077>

[3]

S. Newman, S. P. Newman, L. Steed, and K. Mulligan, Chronic physical illness: self-management and behavioural interventions. Maidenhead, Berkshire, Eng: McGraw-Hill/Open University Press, 2009 [Online]. Available: <https://share.libbyapp.com/title/558823#library-leicester>

[4]

'State of the Nation 2016: Time to take control of diabetes - Diabetes UK'. [Online]. Available: <https://www.diabetes.org.uk/Professionals/Position-statements-reports/Statistics/State-of-the-Nation-2016-Time-to-take-control-of-diabetes/>

[5]

'Diabetes Prevalence 2016 (November 2016) - Diabetes UK'. [Online]. Available: <https://www.diabetes.org.uk/Professionals/Position-statements-reports/Statistics/Diabetes-prevalence-2016/>

[6]

'Supported self-management (Nov 2009) - Diabetes UK'. [Online]. Available: <https://www.diabetes.org.uk/supported-self-management>

[7]

S. Shrivastava, P. Shrivastava, and J. Ramasamy, 'Role of self-care in management of diabetes mellitus', *Journal of Diabetes & Metabolic Disorders*, vol. 12, no. 1, 2013, doi: 10.1186/2251-6581-12-14.

[8]

M. A. Powers et al., 'Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics', *Diabetes Care*, vol. 38, no. 7, pp. 1372–1382, Jul. 2015, doi: 10.2337/dc15-0730.

[9]

'Type 2 diabetes in adults: management | Guidance and guidelines | NICE' [Online]. Available: <https://www.nice.org.uk/guidance/ng28>

[10]

R. M. Anderson and M. M. Funnell, 'The Art and Science of Diabetes Education A Culture Out of Balance', *The Diabetes Educator*, vol. 34, no. 1, pp. 109–117, Jan. 2008, doi: 10.1177/0145721707312398.

[11]

J. Beck et al., '2017 National Standards for Diabetes Self-Management Education and Support', *Diabetes Care*, Jul. 2017, doi: 10.2337/dci17-0025.

[12]

E Loveman, 'The clinical effectiveness of diabetes education models for Type 2 diabetes: a

systematic review', 2008 [Online]. Available:
<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0015030/>

[13]

T. Bodenheimer, 'Improving Primary Care for Patients With Chronic Illness', JAMA, vol. 288, no. 14, Oct. 2002, doi: 10.1001/jama.288.14.1775.

[14]

'Interaction between diabetes specialist nurses and patients during group sessions about self-management in type 2 diabetes- ClinicalKey'. [Online]. Available:
<https://www-clinicalkey-com.ezproxy4.lib.le.ac.uk/#!/content/journal/1-s2.0-S0738399113004515>

[15]

'DESMOND - Diabetes Education and Self Management for Ongoing and Newly Diagnosed'. [Online]. Available: <http://www.desmond-project.org.uk>

[16]

'Skills and techniques to support people | Person-Centred Care Resource Centre'. [Online]. Available:
<http://personcentredcare.health.org.uk/person-centred-care/self-management-support/implimenting-self-management-support/practitioner/skills>

[17]

'Search results: What is the evidence on effectiveness of empowerment to improve health site:www.euro.who.int/en/data-and-evidence/evidence-informed-policy-making'. [Online]. Available:
http://search.who.int/search?as_sitesearch=www.euro.who.int/en/data-and-evidence/evidence-informed-policy-making&q=What+is+the+evidence+on+effectiveness+of+empowerment+to+improve+health&site=euro&client=euro&proxystylesheet=euro&output=xml_no_dtd&ie=UTF-8&ulang=en&ip=143.210.246.84&access=p&sort=date:D:L:d1&entqr=3&entqrm=0&entsp=a&lr=lang_en&wc=200&wc_mc=1&oe=UTF-8&ud=1

[18]

R. M. Anderson, M. M. Funnell, P. M. Butler, M. S. Arnold, J. T. Fitzgerald, and C. C. Feste, 'Patient Empowerment: Results of a randomized controlled trial', *Diabetes Care*, vol. 18, no. 7, pp. 943–949, Jul. 1995, doi: 10.2337/diacare.18.7.943.

[19]

M. M. Funnell and R. M. Anderson, 'Empowerment and Self-Management of Diabetes', *Clinical Diabetes*, vol. 22, no. 3, pp. 123–127, Jul. 2004, doi: 10.2337/diaclin.22.3.123.

[20]

M. M. Funnell and R. M. Anderson, 'Empowerment and Self-Management of Diabetes', *Clinical Diabetes*, vol. 22, no. 3, pp. 123–127, Jul. 2004, doi: 10.2337/diaclin.22.3.123.

[21]

K. Khunti et al., 'Effectiveness of a diabetes education and self management programme (DESMOND) for people with newly diagnosed type 2 diabetes mellitus: three year follow-up of a cluster randomised controlled trial in primary care', *BMJ*, vol. 344, no. apr26 2, pp. e2333–e2333, Apr. 2012, doi: 10.1136/bmj.e2333.

[22]

'Training in flexible, intensive insulin management to enable dietary freedom in people with type 1 diabetes: dose adjustment for normal eating (DAFNE) randomised controlled trial', *BMJ*, vol. 325, no. 7367, pp. 746–746, Oct. 2002, doi: 10.1136/bmj.325.7367.746.

[23]

M. Trento et al., 'Rethink Organization to iMprove Education and Outcomes (ROMEIO): A multicenter randomized trial of lifestyle intervention by group care to manage type 2 diabetes', *Diabetes Care*, vol. 33, no. 4, pp. 745–747, Apr. 2010, doi: 10.2337/dc09-2024.

[24]

L. Fisher, W. H. Polonsky, D. Hessler, and M. B. Potter, 'A practical framework for encouraging and supporting positive behaviour change in diabetes', *Diabetic Medicine*, Jun.

2017, doi: 10.1111/dme.13414.

[25]

'The diabetes educator: trying hard, but must concentrate more on behaviour' [Online]. Available: <http://onlinelibrary.wiley.com.ezproxy4.lib.le.ac.uk/doi/10.1111/j.1464-5491.2005.01802.x/epdf>

[26]

T. Parkin, K. Barnard, S. Cradock, P. Pettman, and T. Skinner, 'Does professional-centred training improve consultation outcomes?', *Practical Diabetes International*, vol. 23, no. 6, pp. 253–256, Jul. 2006, doi: 10.1002/pdi.968.

[27]

N. Mead and P. Bower, 'Patient-centredness: a conceptual framework and review of the empirical literature', *Social Science & Medicine*, vol. 51, no. 7, pp. 1087–1110, Oct. 2000, doi: 10.1016/S0277-9536(00)00098-8.

[28]

T. C. Skinner et al., "'Educator talk" and patient change: some insights from the DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) randomized controlled trial', *Diabetic Medicine*, vol. 25, no. 9, pp. 1117–1120, Aug. 2008, doi: 10.1111/j.1464-5491.2008.02492.x.

[29]

R. M. Anderson and M. M. Funnell, 'Theory is the Cart, Vision is the Horse: Reflections on Research in Diabetes Patient Education', *The Diabetes Educator*, vol. 25, no. 6_suppl, pp. 43–51, Nov. 1999, doi: 10.1177/014572179902500622.

[30]

Catherine Hudon, 'Measuring Patients' Perceptions of Patient-Centered Care: A Systematic Review of Tools for Family Medicine', *Annals of Family Medicine*, vol. 9, no. 2, 2011, doi: 10.1370/afm.1226. [Online]. Available:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056864/>

[31]

T. C. Skinner, S. Craddock, F. Arundel, and W. Graham, 'Four Theories and a Philosophy: Self-Management Education for Individuals Newly Diagnosed With Type 2 Diabetes', *Diabetes Spectrum*, vol. 16, no. 2, pp. 75–80, Apr. 2003, doi: 10.2337/diaspect.16.2.75.

[32]

R. M. Anderson and M. M. Funnell, 'Patient empowerment: reflections on the challenge of fostering the adoption of a new paradigm', *Patient Education and Counseling*, vol. 57, no. 2, pp. 153–157, May 2005, doi: 10.1016/j.pec.2004.05.008.

[33]

S. Hadfield and G. Hasson, *Bounce: how to bounce back from just about anything*. New York: Pearson Prentice Hall Life, 2009.

[34]

Kate Hefferon, Ilona Boniwell, *Positive Psychology: Theory, Research and Applications*. Open University Press, 2011.

[35]

'Mind Over Mood'. [Online]. Available: <http://www.mindovermood.com/>

[36]

R. B. Brooks and S. Goldstein, *The power of resilience: achieving balance, confidence, and personal strength in your life*. New York: McGraw-Hill, 2004.

[37]

'Review of Developing Resilience: a Cognitive-Behavioural Approach, Michael Neenan | The

Coaching and Mentoring Network'. [Online]. Available:
https://new.coachingnetwork.org.uk/book_review/review-of-developing-resilience-a-cognitive-behavioural-approach-michael-neenan/

[38]

'Investing in emotional and psychological wellbeing for patients with long-term conditions. - NHS Confederation'. [Online]. Available:
<http://www.nhsconfed.org/resources/2012/04/investing-in-emotional-and-psychological-wellbeing-for-patients-with-long-term-conditions>

[39]

'Long-term conditions and mental health | The King's Fund'. [Online]. Available:
<https://www.kingsfund.org.uk/publications/long-term-conditions-and-mental-health>

[40]

R. J. Anderson, K. E. Freedland, R. E. Clouse, and P. J. Lustman, 'The Prevalence of Comorbid Depression in Adults With Diabetes: A meta-analysis', *Diabetes Care*, vol. 24, no. 6, pp. 1069–1078, Jun. 2001, doi: 10.2337/diacare.24.6.1069.

[41]

S. Crow, D. Kendall, B. Praus, and P. Thuras, 'Binge eating and other psychopathology in patients with type II diabetes mellitus', *International Journal of Eating Disorders*, vol. 30, no. 2, pp. 222–226, Sep. 2001, doi: 10.1002/eat.1077.

[42]

L. Fisher, J. S. Gonzalez, and W. H. Polonsky, 'The confusing tale of depression and distress in patients with diabetes: a call for greater clarity and precision', *Diabetic Medicine*, vol. 31, no. 7, pp. 764–772, Jul. 2014, doi: 10.1111/dme.12428.

[43]

C. Lloyd, J. Smith, and K. Weinger, 'Stress and Diabetes: A Review of the Links', *Diabetes Spectrum*, vol. 18, no. 2, pp. 121–127, Apr. 2005, doi: 10.2337/diaspect.18.2.121.

[44]

J. Nash and T. Skinner, 'Eating disorders in type 1 diabetes', *Practical Diabetes International*, vol. 22, no. 4, pp. 139–145, May 2005, doi: 10.1002/pdi.787.

[45]

W. H. Polonsky et al., 'Assessing Psychosocial Distress in Diabetes: Development of the Diabetes Distress Scale', *Diabetes Care*, vol. 28, no. 3, pp. 626–631, Mar. 2005, doi: 10.2337/diacare.28.3.626.

[46]

F. A. van de Laar et al., 'Eating behaviour and adherence to diet in patients with Type 2 diabetes mellitus', *Diabetic Medicine*, vol. 23, no. 7, pp. 788–794, Jul. 2006, doi: 10.1111/j.1464-5491.2006.01885.x.

[47]

'Depression in adults with a chronic physical health problem: recognition and management | Guidance and guidelines | NICE' [Online]. Available: <https://www.nice.org.uk/guidance/cg91>

[48]

D. M. Hessler et al., 'Diabetes distress is linked with worsening diabetes management over time in adults with Type 1 diabetes', *Diabetic Medicine*, Jun. 2017, doi: 10.1111/dme.13381.

[49]

Boon-How Chew, 'Psychological aspects of diabetes care: Effecting behavioral change in patients', *World Journal of Diabetes*, vol. 5, no. 6, 2014, doi: 10.4239/wjd.v5.i6.796. [Online]. Available: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4265866/>

[50]

'Investing in emotional and psychological wellbeing for patients with long-term conditions'. [Online]. Available: <http://www.nhsconfed.org/~media/Confederation/Files/Publications/Documents/Investing%20in%20emotional%20and%20psychological%20wellbeing%20for%20patients%20with%20long-term%20conditions%2016%20April%20final%20for%20website.pdf>

[51]

'Constructs of depression and distress in diabetes: time for an appraisal- ClinicalKey'. [Online]. Available: <https://www-clinicalkey-com.ezproxy3.lib.le.ac.uk/#!/content/journal/1-s2.0-S2213858715001357>

[52]

L. Fisher, W. H. Polonsky, D. Hessler, and M. B. Potter, 'A practical framework for encouraging and supporting positive behaviour change in diabetes', *Diabetic Medicine*, vol. 34, no. 12, pp. 1658-1666, Dec. 2017, doi: 10.1111/dme.13414.

[53]

A. Coulter, V. A. Entwistle, A. Eccles, S. Ryan, S. Shepperd, and R. Perera, 'Personalised care planning for adults with chronic or long-term health conditions', *Cochrane Database of Systematic Reviews*, Sep. 1996, doi: 10.1002/14651858.CD010523.pub2. [Online]. Available: <http://doi.wiley.com/10.1002/14651858.CD010523.pub2>

[54]

J. Silverman, *Skills for communicating with patients*, Third edition, New and Updated edition. Boca Raton, Florida: CRC Press, 2013 [Online]. Available: <https://ebookcentral.proquest.com/lib/leicester/detail.action?docID=4742673>

[55]

'How to Prepare for a Diabetes Checkup: Diabetes Forecast®'. [Online]. Available: <http://www.diabetesforecast.org/2014/Jan/how-to-prepare-for-a-diabetes.html?referrer=https://www.google.co.uk/>

[56]

'NHS England » Improving Access with group consultations for diabetes in Slough'. [Online]. Available: <https://www.england.nhs.uk/gp/case-studies/diabetes-slough/>

[57]

'Preparation for Care Planning — Diabetes in Berkshire West'. [Online]. Available: <http://www.berkshirewestdiabetes.org.uk/professionals/care-planning/preparation-for-care-planning>

[58]

K. M. Knight, T. Dornan, and C. Bundy, 'The diabetes educator: trying hard, but must concentrate more on behaviour', *Diabetic Medicine*, vol. 23, no. 5, pp. 485–501, May 2006, doi: 10.1111/j.1464-5491.2005.01802.x.

[59]

N. Joseph-Williams, G. Elwyn, and A. Edwards, 'Knowledge is not power for patients: A systematic review and thematic synthesis of patient-reported barriers and facilitators to shared decision making', *Patient Education and Counseling*, vol. 94, no. 3, pp. 291–309, Mar. 2014, doi: 10.1016/j.pec.2013.10.031.

[60]

O. C. Ukoumunne et al., 'A preconsultation web-based tool to generate an agenda for discussion in diabetes outpatient clinics to improve patient outcomes (DIAT): a feasibility study', *BMJ Open*, vol. 7, no. 3, Mar. 2017, doi: 10.1136/bmjopen-2016-013519.

[61]

J. L. Byrne et al., 'Deficiencies in postgraduate training for healthcare professionals who provide diabetes education and support: results from the Diabetes Attitudes, Wishes and Needs (DAWN2) study', *Diabetic Medicine*, vol. 34, no. 8, pp. 1074–1083, Aug. 2017, doi: 10.1111/dme.13334.

[62]

R. Jansink et al., 'Minimal improvement of nurses' motivational interviewing skills in routine diabetes care one year after training: a cluster randomized trial', *BMC Family Practice*, vol.

14, no. 1, Dec. 2013, doi: 10.1186/1471-2296-14-44.

[63]

M. Trento et al., 'Group Visits Improve Metabolic Control in Type 2 Diabetes: A 2-year follow-up', *Diabetes Care*, vol. 24, no. 6, pp. 995–1000, Jun. 2001, doi: 10.2337/diacare.24.6.995.

[64]

I. Holmström, J. Larsson, E. Lindberg, and U. Rosenqvist, 'Improving the diabetes-patient encounter by reflective tutoring for staff', *Patient Education and Counseling*, vol. 53, no. 3, pp. 325–332, Jun. 2004, doi: 10.1016/j.pec.2003.12.013.

[65]

L. S. Martinez, J. S. Schwartz, D. Freres, T. Frazee, and R. C. Hornik, 'Patient–clinician information engagement increases treatment decision satisfaction among cancer patients through feeling of being informed', *Patient Education and Counseling*, vol. 77, no. 3, pp. 384–390, Dec. 2009, doi: 10.1016/j.pec.2009.09.008.

[66]

S. Mudge, N. Kayes, and K. McPherson, 'Who is in control? Clinicians' view on their role in self-management approaches: a qualitative metasynthesis', *BMJ Open*, vol. 5, no. 5, pp. e007413–e007413, May 2015, doi: 10.1136/bmjopen-2014-007413.

[67]

A. Kennedy et al., 'Implementing, embedding and integrating self-management support tools for people with long-term conditions in primary care nursing: A qualitative study', *International Journal of Nursing Studies*, vol. 51, no. 8, pp. 1103–1113, Aug. 2014, doi: 10.1016/j.ijnurstu.2013.11.008.

[68]

W. Macdonald, A. Rogers, T. Blakeman, and P. Bower, 'Practice nurses and the facilitation of self-management in primary care', *Journal of Advanced Nursing*, vol. 62, no. 2, pp. 191–199, Apr. 2008, doi: 10.1111/j.1365-2648.2007.04585.x.

[69]

H. L. Stuckey et al., "'I Do My Best To Listen to Patients": Qualitative Insights Into DAWN2 (Diabetes Psychosocial Care From the Perspective of Health Care Professionals in the Second Diabetes Attitudes, Wishes and Needs Study)', *Clinical Therapeutics*, vol. 37, no. 9, pp. 1986-1998.e12, Sep. 2015, doi: 10.1016/j.clinthera.2015.06.010.

[70]

Pill, R., 'Can nurses learn to let go? Issues arising from an intervention designed to improve patients' involvement in their own care', *Pill, R.*, vol. 29, no. 6, pp. 1492-1499 [Online]. Available:
<http://www.ingentaconnect.com.ezproxy3.lib.le.ac.uk/content/bsc/jan/1999/00000029/00000006/art01037>

[71]

M. Ferrari, M. Dal Cin, and M. Steele, 'Self-compassion is associated with optimum self-care behaviour, medical outcomes and psychological well-being in a cross-sectional sample of adults with diabetes', *Diabetic Medicine*, vol. 34, no. 11, pp. 1546-1553, Nov. 2017, doi: 10.1111/dme.13451.

[72]

Newman, Stanton □Mulligan, Kathleen □Steedley, Elizabeth Self-Management in Chronic Physical Illness. Open University Press, 2008 [Online]. Available:
<http://site.ebrary.com/lib/leicester/detail.action?docID=10273880>

[73]

'Self-management of diabetes in hospital (March 2012) - Diabetes UK'. [Online]. Available:
https://www.diabetes.org.uk/About_us/What-we-say/Specialist-care-for-children-and-adults-and-complications/Self-management-of-diabetes-in-hospital/

[74]

T. Deakin, 'The diabetes pandemic: is structured education the solution or an unnecessary expense?', *Practical Diabetes*, vol. 28, no. 8, pp. 1-14, Oct. 2011, doi: 10.1002/pdi.1635.

[75]

T. A. Deakin, J. E. Cade, R. Williams, and D. C. Greenwood, 'Structured patient education: the Diabetes X-PERT Programme makes a difference', *Diabetic Medicine*, vol. 23, no. 9, pp. 944–954, Sep. 2006, doi: 10.1111/j.1464-5491.2006.01906.x.

[76]

S. Michie et al., 'The Behavior Change Technique Taxonomy (v1) of 93 Hierarchically Clustered Techniques: Building an International Consensus for the Reporting of Behavior Change Interventions', *Annals of Behavioral Medicine*, vol. 46, no. 1, pp. 81–95, Aug. 2013, doi: 10.1007/s12160-013-9486-6.

[77]

T. C. Skinner et al., 'Diabetes education and self-management for ongoing and newly diagnosed (DESMOND): Process modelling of pilot study', *Patient Education and Counseling*, vol. 64, no. 1–3, pp. 369–377, Dec. 2006, doi: 10.1016/j.pec.2006.04.007.

[78]

K. Khunti et al., 'Effectiveness of a diabetes education and self management programme (DESMOND) for people with newly diagnosed type 2 diabetes mellitus: three year follow-up of a cluster randomised controlled trial in primary care', *BMJ*, vol. 344, no. apr26 2, pp. e2333–e2333, Apr. 2012, doi: 10.1136/bmj.e2333.

[79]

'Training in flexible, intensive insulin management to enable dietary freedom in people with type 1 diabetes: dose adjustment for normal eating (DAFNE) randomised controlled trial', *BMJ*, vol. 325, no. 7367, pp. 746–746, Oct. 2002, doi: 10.1136/bmj.325.7367.746.

[80]

M. Trento et al., 'Rethink Organization to iMprove Education and Outcomes (ROME0): A multicenter randomized trial of lifestyle intervention by group care to manage type 2 diabetes', *Diabetes Care*, vol. 33, no. 4, pp. 745–747, Apr. 2010, doi: 10.2337/dc09-2024.

[81]

J. A. Sturt et al., 'Effects of the Diabetes Manual 1:1 structured education in primary care', *Diabetic Medicine*, vol. 25, no. 6, pp. 722–731, Jun. 2008, doi: 10.1111/j.1464-5491.2008.02451.x.

[82]

'Original Article: Psychological Issues and EducationOriginal articleEffects of the Diabetes Manual 1:1 structured education in primary care' [Online]. Available: <http://onlinelibrary.wiley.com.ezproxy4.lib.le.ac.uk/doi/10.1111/j.1464-5491.2008.02451.x/epdf>

[83]

G. F. Moore et al., 'Process evaluation of complex interventions: Medical Research Council guidance', *BMJ*, vol. 350, no. mar19 6, pp. h1258–h1258, Mar. 2015, doi: 10.1136/bmj.h1258.

[84]

S. A. Brown, 'Studies of educational interventions and outcomes in diabetic adults: A meta-analysis revisited', *Patient Education and Counseling*, vol. 16, no. 3, pp. 189–215, Dec. 1990, doi: 10.1016/0738-3991(90)90070-2.

[85]

SUSAN L. NORRIS, MICHAEL M. ENGELGAU, K. M. VENKAT NARAYAN, 'Effectiveness of Self-Management Training in Type 2 Diabetes', *Diabetes Care* [Online]. Available: http://go.galegroup.com.ezproxy3.lib.le.ac.uk/ps/retrieve.do?tabID=T002&resultListType=RESULT_LIST&searchResultsType=SingleTab&searchType=AdvancedSearchForm¤tPosition=4&docId=GALE%7CA71901277&docType=Article&sort=Relevance&contentSegment=&prodId=EAIM&contentSet=GALE%7CA71901277&searchId=R1&userGroupName=leicester&inPS=true

[86]

Susan L. Norris, Joseph Lau, S. Jay Smith, Christopher H. Schmid, Michael M. Engelgau, 'Self-management education for adults with type 2 diabetes: a meta-analysis of the effect

on glycemic control. (Epidemiology/Health Services/Psychosocial Research)', *Diabetes Care* [Online]. Available:

http://go.galegroup.com.ezproxy3.lib.le.ac.uk/ps/retrieve.do?tabID=T002&resultListType=RESULT_LIST&searchResultsType=SingleTab&searchType=AdvancedSearchForm¤tPosition=5&docId=GALE%7CA89379203&docType=Article&sort=Relevance&contentSegment=&prodId=EAIM&contentSet=GALE%7CA89379203&searchId=R2&userGroupName=leicester&inPS=true

[87]

'Group based training for self-management strategies in people with type 2 diabetes mellitus - Deakin - 2005 - The Cochrane Library - Wiley Online Library' [Online]. Available: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003417.pub2/full>

[88]

E Loveman, 'The clinical effectiveness of diabetes education models for Type 2 diabetes: a systematic review', 2008 [Online]. Available: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0015030/>

[89]

A. Steinsbekk, L. Rygg, M. Lisulo, M. B. Rise, and A. Fretheim, 'Group based diabetes self-management education compared to routine treatment for people with type 2 diabetes mellitus. A systematic review with meta-analysis', *BMC Health Services Research*, vol. 12, no. 1, Dec. 2012, doi: 10.1186/1472-6963-12-213.

[90]

'Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control- ClinicalKey'. [Online]. Available: <https://www-clinicalkey-com.ezproxy3.lib.le.ac.uk/#!/content/journal/1-s2.0-S0738399115301166>

[91]

K. Odgers-Jewell, L. E. Ball, J. T. Kelly, E. A. Isenring, D. P. Reidlinger, and R. Thomas, 'Effectiveness of group-based self-management education for individuals with Type 2 diabetes: a systematic review with meta-analyses and meta-regression', *Diabetic Medicine*, vol. 34, no. 8, pp. 1027-1039, Aug. 2017, doi: 10.1111/dme.13340.

[92]

C. Teljeur et al., 'Economic evaluation of chronic disease self-management for people with diabetes: a systematic review', *Diabetic Medicine*, vol. 34, no. 8, pp. 1040–1049, Aug. 2017, doi: 10.1111/dme.13281.

[93]

M. E. Carey et al., 'Increasing capacity to deliver diabetes self-management education: results of the DESMOND lay educator non-randomized controlled equivalence trial', *Diabetic Medicine*, vol. 31, no. 11, pp. 1431–1438, Nov. 2014, doi: 10.1111/dme.12483.

[94]

Peter Craig, 'Developing and evaluating complex interventions: the new Medical Research Council guidance', *The BMJ*, vol. 337, 2008, doi: doi: 10.1136/bmj.a1655. [Online]. Available: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769032/>

[95]

M. K. Kadu and P. Stolee, 'Facilitators and barriers of implementing the chronic care model in primary care: a systematic review', *BMC Family Practice*, vol. 16, no. 1, Dec. 2015, doi: 10.1186/s12875-014-0219-0.

[96]

S. M. Harris et al., 'Factors influencing attendance at structured education for Type 1 diabetes in south London', *Diabetic Medicine*, vol. 34, no. 6, pp. 828–833, Jun. 2017, doi: 10.1111/dme.13333.

[97]

V. E. Coates, G. Horigan, M. Davies, and M. T. Davies, 'Exploring why young people with Type 1 diabetes decline structured education with a view to overcoming barriers', *Diabetic Medicine*, vol. 34, no. 8, pp. 1092–1099, Aug. 2017, doi: 10.1111/dme.13368.

[98]

J. Graffy, S. Eaton, J. Sturt, and P. Chadwick, 'Personalized care planning for diabetes: policy lessons from systematic reviews of consultation and self-management interventions', *Primary Health Care Research & Development*, vol. 10, no. 03, Jul. 2009, doi: 10.1017/S1463423609001157.

[99]

'Effectiveness of activity trackers with and without incentives to increase physical activity (TRIPPA): a randomised controlled trial- ClinicalKey'. [Online]. Available: <https://www-clinicalkey-com.ezproxy4.lib.le.ac.uk/#!/content/journal/1-s2.0-S2213858716302844>

[100]

H. Abedtash and R. J. Holden, 'Systematic review of the effectiveness of health-related behavioral interventions using portable activity sensing devices (PASDs)', *Journal of the American Medical Informatics Association*, vol. 24, no. 5, pp. 1002–1013, Sep. 2017, doi: 10.1093/jamia/ocx006.

[101]

S. Bailey, *Academic writing: a handbook for international students*, 3rd ed. London: Routledge, 2011 [Online]. Available: <http://ezproxy.lib.le.ac.uk/login?url=http://www.myilibrary.com?id=310467>

[102]

P. Creme and M. R. Lea, *Writing At University: A Guide For Students*, 3rd ed. Maidenhead: McGraw-Hill Education, 2008 [Online]. Available: http://le.alma.exlibrisgroup.com/view/action/uresolver.do?operation=resolveService&package_service_id=4728123010002746&institutionId=2746&customerId=2745